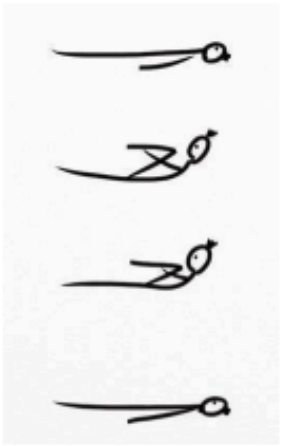
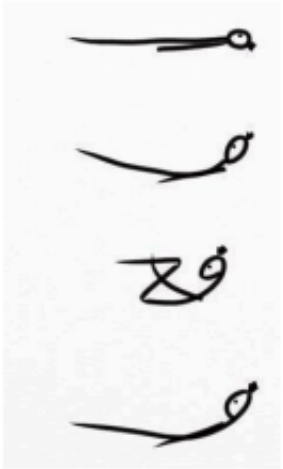
Matwork review 1 – 5

One Leg Stretch

Draw It:	**Break it down:**
	<u>What's the spine doing?</u> Round / C-Curve
	<u>What are the arms doing?</u> Hug the knee
	<u>What are the legs doing?</u> Bent / Straight

Double Leg Stretch

Draw It:	**Break it down:**
	<u>What's the spine doing?</u> Round / C-Curve
	<u>What are the arms doing?</u> Hug the knee
	<u>What are the legs doing?</u> Bent / Straight

Single Straight Leg Stretch

Draw It:	Break it down:
	<u>What's the spine doing?</u> Round / C-Curve
	<u>What are the arms doing?</u> Pulling the leg towards you
	<u>What are the legs doing?</u> Single Straight legs leg lifts and lowers

Double Straigth Leg Stretch, BENEN TEGELIJK OP EN NEER!!!

Draw It:	Break it down:
	<u>What's the spine doing?</u> Round / C-Curve
	<u>What are the arms doing?</u> Behind your head
	<u>What are the legs doing?</u> Straight legs lift and lower

CRISS CROSS

Draw It:	Break it down:
	<u>What's the spine doing?</u> Flexion / C-Curve + Rotation / Twisting
	<u>What are the arms doing?</u> Behind your head / Twisting
	<u>What are the legs doing?</u> Bent / Straight